

ABSTRACT

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The present invention provides a device and method for assisting a person in achieving proper alignment. The device and method are particularly useful for achieving proper alignment for a golf stroke in which a golf ball is struck to move towards a target. In one embodiment, the device comprises a support member to be worn by the person. A light source is attached to the support member. The light source is adapted to generate a visible alignment beam of light on the ground in front of the person that is generally parallel to an alignment of the portion of the person's body upon which the support member is worn.

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